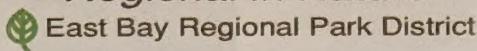


[www.ebparks.org](http://www.ebparks.org)

*"Regional in Nature"*



# Activity Guide

July-August 2003

Celebrate Lakes Appreciation Week

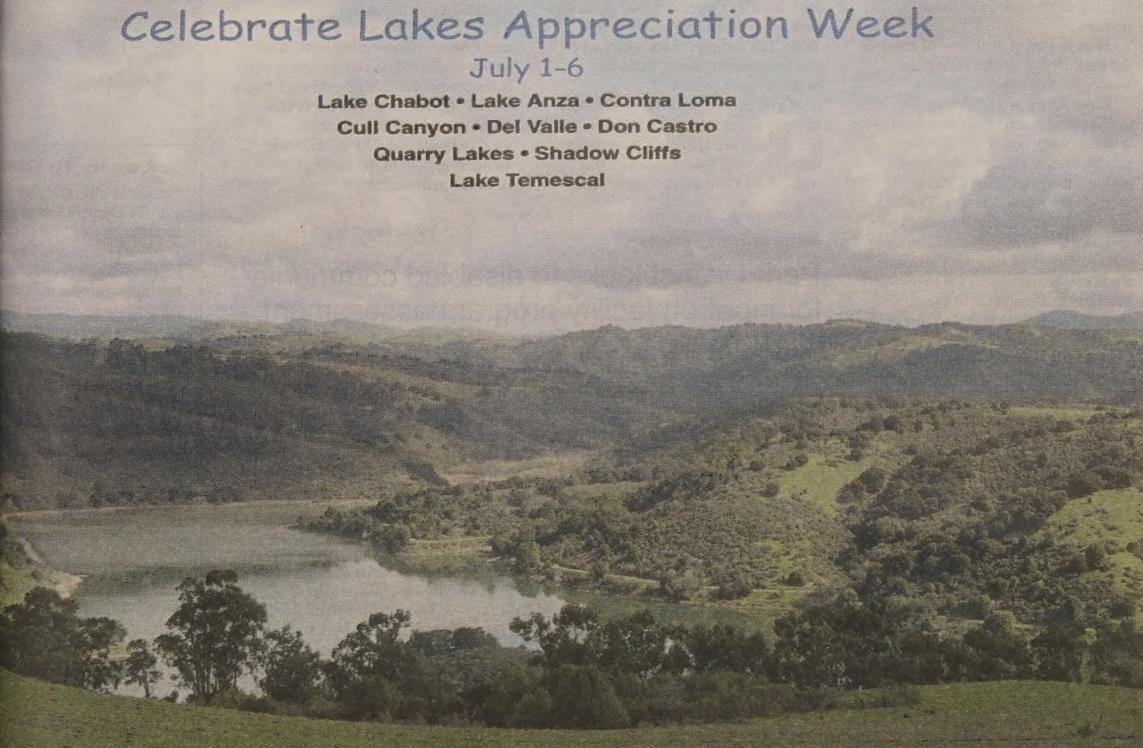
July 1-6

Lake Chabot • Lake Anza • Contra Loma

Cull Canyon • Del Valle • Don Castro

Quarry Lakes • Shadow Cliffs

Lake Temescal



Bike, Hike, Skate the Trails Challenge 10th Anniversary! See inside



Lake Chabot from the south end.  
Photo by Lynette Journeay

Biker on Mission Peak. Photo by Kevin Fox



East Bay Regional Park District

[www.ebparks.org](http://www.ebparks.org)

# Regional Parks lakes offer cool respite on hot summer days

The Park District's lakes, lagoons, and swimming pool provide scenic beauty along with recreational fun. Five open-water beaches and three lagoons set the stage for sand-play, swimming, and relaxing outdoors. Lifeguards are on duty from 11 a.m.-6 p.m. For a facility near you, flip to the back inside cover and you'll find addresses and phone numbers. You can also log on to [www.ebparks.org](http://www.ebparks.org) for more information, especially about fees, amenities, boating restrictions, and fishing permits.

Here is a brief overview of some of the Park District's swimming and water-oriented opportunities:

**Lake Anza**, at Tilden Regional Park in Berkeley, is a popular swimming site with its sandy beach, changing rooms, snack stand, drinking water, ample parking, and trail access. Picnic grounds are located nearby. The lake is open for fishing throughout the year.

**Lake Del Valle** outside Livermore offers a five-mile lake with all kinds of water recreation. There are two swim beaches, an abundance of picnic and camping sites, boat rentals, launching areas, and lake tours. Lake Del Valle is known for excellent fishing. The lake is stocked regularly with trout and catfish. There are also large- and small-mouth bass, striped bass, and panfish.

**Quarry Lakes** in Fremont is the Park District's newest water recreation park, offering 350 acres of lakes. A white sandy beach, bathhouse, and

vending machines are available at Horseshoe Lake. Fishing and boating are also popular activities here.

**Shadow Cliffs** in Pleasanton hosts an 80-acre lake and four-flume water-slide. Rowboats, electric motorboats, and paddleboats are available to rent, or visitors may launch their own boats (17-foot maximum, electric only).

**Lake Temescal** in Oakland is a 13-acre lake, popular for swimming and shoreline fishing. This is one of the Park District's three original parks and first opened as a recreation area in 1936. The setting is lush with native and ornamental plants, including a beautiful rose garden.

If you're looking for a nice family-friendly swim area close to home, try one of the Park District's three-chlorinated lagoons, **Don Castro** in Hayward, **Cull Canyon** in Castro Valley,



Cull Canyon swim lagoon.

Photo by Nancy McKay

and **Contra Loma** in Antioch. White sandy beaches with changing areas and refreshment stands surround each swim area. For pool lovers, **Roberts Regional Recreation Area** in the Oakland hills has a 25-yard, heated swimming pool in the midst of beautiful redwood trees.

## Accessibility study

## Park District looks to disabled community for input on facility/program assessment

The East Bay Regional Park District strives to provide all of our visitors with an enjoyable outdoor experience. Our goal is to enhance our parks and recreational opportunities by removing obstacles and providing additional barrier-free access when possible.

To do this, we are conducting an extensive assessment of picnic areas, restrooms, trails, visitor centers and programs. We are asking for input from individuals and organizations requiring

extra assistance or a barrier-free environment when visiting our parks.

Our assessment survey can be completed by mail, through our Web site, or over the phone. If you are interested in assisting us with this very important project, please call (510) 544-2003 (TDD 510-633-0460). If you would like to complete the survey online, go to [www.ebparks.org](http://www.ebparks.org) and look for the "Accessibility Survey" button on the home page.

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<b>General Info/Free Brochure:</b>	
.....	(510) 562-PARK
<b>Camping Reservations</b>	..... (510) 562-CAMP
<b>Picnic Reservations</b>	..... (510) 636-1684
<b>Naturalist Program Reservations</b>	..... (510) 636-1684
<b>TDD</b>	..... (510) 633-0460
<b>Website</b>	..... <a href="http://www.ebparks.org">www.ebparks.org</a>

## LAKES APPRECIATION WEEK

July 1-6

On Friday morning, July 1, Regional Parks staff will put out free "Lakes Appreciation Week" Frisbees to all Regional Parks lake visitors. Lakes Appreciation Week is part of the California Department of Water Resources CARE program, aimed at preserving the quality of water at our parks and reservoirs. For more information on CARE program, log on to [www.water.ca.gov](http://www.water.ca.gov). Frisbees will be available while supplies last!

## Learn To Camp

Space is still available in the Family Camp-Outs program located at Del Valle Regional Park in Livermore. This weekend program is perfect for families new to camping. All you need to bring are sleeping bags, clothing, utensils and flashlight. We provide the rest, including meals, arts and crafts, naturalist programs, and equipment to help you out along the way. Del Valle is our largest park and camping facility with great swim beaches, boat rentals, lake tours, and one of the best fishing in the Bay Area. See program descriptions on page 5 for dates, or call 510-636-1684 for more information or to register.

## Iron Horse Regional Trail link to Dublin/Pleasanton BART now open

A much-anticipated portion of the Iron Horse Trail is officially open to the public. The new 1.3-mile section connects the Dublin/Pleasanton BART station to the Iron Horse Regional Trail, which passes through the communities of Dublin, San Ramon, Danville, Alamo, Walnut Creek, Pleasant Hill, and Concord. This 25-mile, paved, multi-use trail provides recreation opportunities and is a non-motorized transportation corridor linking parks, residential areas, businesses, school, and multi-modal transportation centers.

The trail includes a direct link into the Pleasant Hill and Dublin/Pleasanton BART stations, and is less than one-mile from the Walnut Creek station. This section of the trail was completed by a joint effort between Alameda County, City of Dublin, BART, and the Park District.

**FUN FACT:** The Iron Horse Trail is the Park District's most popular facility. Surveys indicate that one million user trips occur on the trail each year—and over one third of those trips are for traveling to work, school, or shopping.



Chabot Space & Science Center

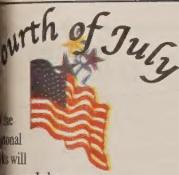
the universe is yours to explore. Experience. Set amid 100+ scenic, landscaped acres in Redwood Regional Park, with great views of San Francisco Bay, the mountains, and the Oakland foothills, Chabot is a hands-on education of sights, sounds, and sensations. Programs include:

- School groups
- Teacher workshops
- Summer camps
- Teen volunteers

To purchase advance tickets, call (510) 339-7300 or visit [www.chabotspace.org](http://www.chabotspace.org).

10000 Skyline Blvd., Oakland, CA 94621  
(510) 339-7300  
[www.chabotspace.org](http://www.chabotspace.org)

East Bay Regional Park District  
Chabot Space and Science Center



## 10th Anniversary Trails Challenge

You are interested in exploring more of the Regional Parks but are not sure where to start? Consider joining the Trails Challenge. A \$10 registration fee will get you a 10th Anniversary Trails Challenge Guidebook with detailed maps and descriptions of the 20 favorite trails as rated by staff, volunteers, and past participants. Challenge trails vary greatly in length and difficulty, so people of all ages and abilities can participate. The Trails Challenge isn't restricted to hikers—bicyclists, equestrians, wheelchair users, runners and skaters are welcome, too. You have until December 1, 2003, to complete just five of the 20 trails to receive a 10th Anniversary pin and special gift. To register visit [www.ebparks.org](http://www.ebparks.org) or phone (510) 636-1684.

## Park District dedicates training center in honor former general manager



Photo by Jeff Miller/Carquinez

**District employees install the new Trudeau sign. Rain threatened in the days prior to the center's dedication, but the weather held on the day of the festivities.**

Park District's headquarters for 30 years. Now remodeled, it is designed to Park District and public and private sector training needs. The training center news of Redwood Regional Park, Mt. Diablo, Oakland, and San Francisco. He currently lives in Lafayette with his wife Phyllis.

## Volunteers Needed!

**National Trails Day:** Sat., July 12, 9 a.m.-1:30 p.m. Join the Park District and REI on the Iron Horse Regional Trail in Concord to remove puncture vines along the trail. Lunch provided. To register at (510) 527-4140, ext. 1. **Ivan Dickson Volunteer Trail Maintenance Project:** At Tilden Regional Park: Sat., July 19, 8:30 a.m.-1 p.m. Join Park staff to repair the trail. Tools and instructions provided. Bring gloves, sunscreen, hat, shirt. Wear long-sleeved shirt, pants, and sturdy shoes. Lunch provided. Call (510) 544-2631 to register.

The Park District offers **docent volunteer opportunities** at its nine visitor centers (see page 15 for a listing). Docents assist naturalists in providing cultural and natural history programs for schools and visiting families. Training is provided and the only requirements are that volunteers be friendly, patient, and enjoy working with the public, especially children. For those who would rather work behind the scenes, a number of **resource inventory projects** are available on a year-round basis. For more information about volunteering, please call our Volunteer Coordinator at (510) 544-2515.

## EVENTS IN THE PARKS

**Independence Day Celebration:** Ardenwood Historic Farm, Friday, July 4, 10 a.m.-4 p.m. Celebrate the Fourth of July 1900s style with games, contests and races for everyone. Bring a picnic and spend the day. Special event fee: \$7.50 adults, \$5.50 seniors, \$5 children, under 4 years free.

**Family Fun Night:** Sunol Regional Park, Thursday, July 10, 5:30-7 p.m. Entertainment, fun for kids, arts and crafts, walk with a naturalist. FREE; parking fee. Info: (510) 544-2553.

### Crab Cove Summer Concert

**Series:** Crab Cove Visitor Center at Crown Beach, Alameda, Friday, July 11, 5:30-7:30 p.m. Co-sponsored with West Alameda Business Association, featuring Radio Noise playing Reggae/Pop/Rock. FREE; parking fees apply.

**Full Moon Paddle:** Lake Chabot, Sat., July 12, 7-10 p.m. This **one-time** course is the first step in learning paddle touring and sea kayaking. Explore the lake at twilight; return to the marina as the moon rises. A brief intro to equipment and paddle strokes will be provided. Fee: \$69 (non-res. \$77). Registration required: (510) 636-1684.

**Family Fun Night:** Coyote Hills, Thursday, July 17, 5:30-7 p.m. Entertainment, fun for kids, arts and crafts, nature hike. FREE but parking fees apply. Info: (510) 544-2553.

**Wheat Harvesting:** Ardenwood Historic Farm, Sat., July 19, and Sunday, July 20, 11 a.m.-3 p.m. Watch the Oakland Museum's Best Steam Engine in action! See a stationary thresher, hay loader and hay baler at work, try your hand at old-fashioned hand tools. Admission fee.

**Black Diamond Summer Concert**  
**Series:** Black Diamond, Antioch, Sat., July 19, 7-9 p.m. Outdoor concert featuring Alhambra Valley Band, traditional Bluegrass. \$10 parking fee.

**Family Fun Night:** Ardenwood Historic Farm, Thursday, July 24, 5:30-7 p.m. Entertainment, fun for kids, art and crafts, explore the farm. Admission fee. Info: (510) 544-2553.

### Celebrate the Strait Closing

**Event:** Eckley Pier, Carquinez Strait Regional Shoreline, Sat., August 24, starting at noon. Kite Festival and Family Picnic.

**Historic Rail Fair:** Ardenwood Historic Farm, Sat.-Mon., Aug. 30-Sept. 1, 10 a.m.-4 p.m. Horse-drawn train rides, local railroad history, visit rail and hobo camps, see model railroads. Take a ride on "Deanna," an 1891 Baldwin Steam Locomotive. Special event fee: \$7.50 adults, \$5.50 seniors, \$5 children, under 4 years free.

## New! FAMILY FUN NIGHTS New!

The East Bay Regional Park District invites you to our newest featured event—Family Fun Nights! These events are held on Thursday evenings from 5:30-7 p.m. Bring your family, friends, and a picnic dinner and we'll provide the entertainment. Activities will include face painting, arts & crafts, and walks with a naturalist.

The event is FREE (admission fee at the Ardenwood event and parking fees apply). Dates and locations are July 10 at Sunol Regional Wilderness Visitor Center, July 17 at Coyote Hills Visitor Center, and July 24 at Ardenwood Historic Farm. Please call (510) 544-2553 for more information and future August events.

## ROBERTS POOL SWIM PROGRAMS

Roberts Pool in Oakland offers American Red Cross swim lessons with 4 to 6 students per instructor, with emphasis on personal safety and fun. Refer to the skill level descriptions below to determine placement, then check session dates and times for availability. If fewer than 4 students are registered in any one class, classes may be combined or canceled. No-shows on the first day of the session will be dropped unless advanced notification is given by calling (510) 482-0971.

**Registration required:** (510) 636-1684. Phone or walk-in registration only, no mail-in registration accepted.

**SKILL LEVEL DESCRIPTIONS**

**Parent/Preschooler:** for children 3-5 years, must be accompanied by an adult in the water, designed to help young kids become comfortable in the water so they are ready to learn to swim. No pre-requisite.

**Level I**-Water Exploration: for age 5 and up, skills include bobbing, supported floating, blowing bubbles, kicking, and personal safety.

**Level II**-Primary Skills: for age 6 and older, skills include unsupported floating, kicking, finning, combined arm/leg locomotion, turning back-to-front and front-to-back, and personal safety. Pre-requisite: Level I skills.

**Level III**-Stroke Readiness: for age 6 and older, skills include object retrieval, jump/dive recovery, front/back crawl stroke, elementary backstroke kick, tread water, and personal safety. Prerequisite: Level II skills.

**Level IV**-Stroke Development: front/back crawl and elementary backstroke, introduction to breast stroke, side stroke, standing front dive, open turns at walls, rescue breathing, and CPR. Pre-requisite: Level III skills.

**Level V**-Stroke Refinement: continue Level IV strokes/turns, introduction to butterfly and personal safety while diving, spinal injury awareness. Pre-requisite: Level IV skills.

**Level VI**-Skill Proficiency: technique and endurance for Level V skills, turns for all strokes, additional safety and rescue skills. Pre-requisite: Level V skills.

**Level VII**-Advanced Skills: continued emphasis on technique and endurance, plus additional safety and rescue skills. Pre-requisite: Level VI skills.

**RECREATION**

For Recreation Department information, call (510) 544-2553 or email recreation@ebparks.org. Special Cancellation Policy applies for all Recreation programs; see page 15.

**TRAILS CHALLENGE**

Join in on the 10th Anniversary of Trails Challenge (#3432)—one of our most popular programs! Your registration includes the 10th Anniversary edition of the Challenge Guidebook, with detailed maps and descriptions of the top 20 trails accessible to hikers, bikers, equestrians and the disabled.

**MORNING SWIM LESSONS**

Roberts Pool, Oakland Staff Group lessons for all levels. Each session offers 10 half-hour lessons scheduled on weekday mornings for two consecutive weeks.

**Fee:** \$45/session (non-res. \$51)

**Session 1:** 6/16-6/27 (Mon.-Fri.)

10-10:30am ..... Levels I, II, V, VI-VII

10-10:30am ..... Levels I, II, III, IV

11-11:30am ..... Levels I, II, III, IV

11:30-noon ..... Parent/Pre, I, II, III

**Session 2:** 6/30-7/11 (Mon.-Fri.)

(no lessons on 7/4)

10-10:30am ..... Levels I, II, V, VI-VII

10-10:30am ..... Levels I, II, III, IV

11-11:30am ..... Levels I, II, III, IV

11:30-noon ..... Parent/Pre, I, II, III

**Session 3:** 7/14-7/25 (Mon.-Fri.)

10-10:30am ..... Levels II, III, IV, (VI-VII)\*

10-10:30am ..... Levels I, III, IV, (V)\*

11-11:30am ..... Levels I, II, III

11:30-noon ..... Parent/Pre, I, II, IV

**Session 4:** 7/28-8/8 (Mon.-Fri.)

10-10:30am ..... Levels II, III, IV, (VI-VII)\*

10-10:30am ..... Levels I, III, IV, (V)\*

11-11:30am ..... Levels I, II, III

11:30-noon ..... Parent/Pre, I, II, IV

**Session 5:** 8/11-8/22 (Mon.-Fri.)

10-10:30am ..... Levels II, III, IV, (VI-VII)\*

10-10:30am ..... Levels I, III, IV, (V)\*

11-11:30am ..... Levels I, II, III

11:30-noon ..... Parent/Pre, I, II, IV

\*Note: Sessions 3, 4, and 5 offer extended

45-minute lessons for Levels V and VI-VII.

Levels VI-VII: 10-10:45am. Level V:

10-45-11:30am. Fee: \$60/session

(non-res \$66)

**EVENING SWIM LESSONS**

Roberts Pool, Oakland Staff 6-6:30pm

Group lessons for Parent/Preschoolers, and Adult Beginners and Intermediates. Each session offers 10 half-hour lessons scheduled on weekday evenings for 2 consecutive weeks.

**Fee:** \$45/session (non-res. \$51)

**Session A:** 6/16-6/27 (Mon.-Fri.) Parent/Pre Session B: 6/30-7/11 (Mon.-Fri., no lessons on 7/4) Parent/Pre, Adult

**Session C:** 7/14-7/25 (Mon.-Fri.) Parent/Pre Session D: 7/28-8/8 (Mon.-Fri.) Parent/Pre, Adult

**Session E:** 8/11-8/22 (Mon.-Fri.) Parent/Pre

**SWIMMING****PRIVATE SWIM LESSONS**

Roberts Pool, Oakland Staff

11am-6pm, Sat/Sun/Holidays 4/12-10/12

3:30-5:30pm, Mon. 6/9-8/25

12:30-5:30pm, Tues.-Fri. 6/10-8/29

Enjoy swimming in an outdoor pool. Pool is 25 yards long, heated, disabled accessible; lifeguard service provided. 15-minute adult swim every hour. Children under 1 year get in free.

**Fee:** \$3/adult; \$2/senior & disabled; \$2/child; \$4 weekend parking fee

**DISABLED SWIM**

Roberts Pool, Oakland Staff 12:30-3:30pm, Mondays only: 6/9-8/25

Enjoy our completely accessible pool. This time is reserved exclusively for disabled guests and their families.

**Fee:** \$3/adult; \$2/senior & disabled; \$2/child

**PRIVATE POOL RESERVATIONS**

Roberts Pool, Oakland Staff

M-F daytime only, 4/14-6/6  
M-F daytime only, 9/2-10/10

Roberts Pool is a perfect facility for a swim party. Lifeguard service is provided. 150 person maximum; alcohol not permitted.

**Fee varies; call for info.**

**Reg. Required:** (510) 636-1684

**JUNIOR LIFE GUARD**

9am-3pm, Mon-Fri, Open sessions, dates and location

Beach and water fun for

Instruction in water safety

CPR, lifeguard skills and

and physical condition

is on self-esteem, teamwork

Must complete a 90-hour

the first day. (15yrs)

Course ... Date

3633 ..... 6/16-6/27

3634 ..... 7/7-7/18

3635 ..... 7/28-8/8

3636 ..... 6/16-6/27

3637 ..... 7/7-7/18

3638 ..... 7/28-8/8

3639 ..... 6/16-6/27

3640 ..... 7/7-7/18

3641 ..... 7/28-8/8

3642 ..... 6/16-6/27

3643 ..... 7/7-7/18

3644 ..... 7/28-8/8

3645 ..... 6/16-6/27

3646 ..... 7/7-7/18

3647 ..... 6/16-6/27

3649 ..... 7/7-7/18

3650 ..... 7/28-8/8

**OPEN WATER SWIMMING**

11:30-5:30pm, Tues-Fri. 6/10-8/29

Enjoy swimming in an outdoor pool.

Pool is 25 yards long, heated, disabled

accessible; lifeguard service provided.

15-minute adult swim every hour.

Children under 1 year get in free.

**Fee:** \$170/2-week session

\$188, \$130 for each additional

child in family or additional

sessions when enrolled in more

than one. One-time enrollment

\$30, includes T-shirt and

trunks with patch.

**Reg. Required:** (\$10.00)

**OPEN WATER SWIMMING**

April-October during regular

Swim laps in a lake or ocean

large lanes! Bring goggles, cap,

pull buoy and hand paddles if

Available at Lake Anza (Tilden

Lakes, Shadow Cliffs and Lake

Fee: varies by facility

Info: (510) 636-1684

**SNORKEL/SCUBA DIVING**

Shadow Cliffs

Ongoing, call for date & location

Snorkeling and scuba lessons

and specialty classes for certified

(12+ yrs)

Fee: (\$10.00)

Earn a commemorative pin for completing five trails by DEC. 1! Dare to become a true Trails Challenger!

**Reg. Required:** (510) 636-1684

**Fee:** \$10 (non-res. \$12)

**MAY MARATHON**

Did you ever want to run a marathon but thought you didn't have the time or energy? Well, the May Marathon (#3433) will make a marathoner out of you! Complete 26 miles during May by running, walking, bicycling, skating, or riding. You will receive your hard-earned 10th Anniversary T-shirt and pin to mark your success! Take the challenge! Fee includes registration

into Trails Challenge and May Marathon.

**Reg. Required:** (510) 636-1684

**Fee:** \$15 (non-res. \$17)

**INTRO TO GOLF**

Tilden Golf Course American Golf Corp.

9-11am, Tue, Jul 1 #4489

3-5pm, Fri, Jul 25 #4490

10am-noon, Mon, Aug 25 #4491

Have fun in a relaxed atmosphere and learn the fundamentals of golf. This introductory clinic teaches pre-shot fundamentals, terminology/equipment overview, and full-swing fundamentals. Instructors will discuss how you can continue if you'd like to play on the

welcome introduction to kayaking beginners that includes instruction on basic strokes, equipment, etc. A guided, relaxed, 2-mile hike and this island's preserved shoreline is normally closed to visitors. Enjoy this beautiful place!

Required: (510) 636-1684  
Fee: \$70 (non-res. \$78)

**OVER KAYAKING** Chabot Marina

Current Adventures  
12:30pm, Sat, Jul 12 (Lake)  
#4495, Sun, Aug 3 (Lake)  
#4496, Sat, Aug 23 (Lake)  
#4497

It is the time to learn how to kayak! Course is the first step in learning to tour and sea kayaking. Get paddling instruction for paddling in water from certified instructors. You will learn about equipment selection and basic paddling techniques during the lake in a single kayak or kayaks available upon request (adult/child paddlers). You'll have lots of time to practice as we use the base and inlets of the lake. Stop for shared potluck lunch. Participation required for youth 13. (5+ yrs)  
Required: (510) 636-1684  
Fee: \$70/Adult, \$59/Child  
Res. \$87/\$65

**ILY CAMP-OUTS** Staff

Ardenwood Campground  
Sat-night Sun, Jul 12 #4157, Jul  
15, Jul 26 #4159, Aug 2 #4160,  
#4161—last chance to register!  
spend the night with your family friends in a beautiful local park, from TV's, telephones, and video! These weekends are perfect for with little or no camping experience. Weekend activities may include, arts & crafts, nature programs at campfire. Come prepared to enjoy the outdoors, and spend time with your family. Your fees includes two meals, arts & crafts, bus programs, experienced staff in a roomy shared campsite. Bring tent, bedding, eating utensils and lights, we'll provide the rest! All must be accompanied by an Financial assistance and tents available for low-income families.

Required: (510) 636-1684  
\$45/adult, \$39/child  
Res. \$51/\$43

**TO FLYFISHING** Lake Anza Fish First!  
Sun, Jul 13 #4493, Aug 10

exciting and informative day is toward the beginning angler. Three hours at Lake Anza to fly casting with coaching from a skilled fly-casting instructor. Then three hours of classroom action where you will be intro-

duced to knots, fly selection, reading the water, and more. Don't miss your chance to learn! (18+ yrs)

Reg. Required: (510) 635-0138  
Fee: \$60 (non-res. \$66)

**INTO TO BAY PADDLING-CA** Martin Luther King Jr. Shoreline

Current Adventures  
10am-4pm, Sat, Jul 26 #4499, Sun, Aug 24 #4500

If you were with us for Discover Kayaking or have basic kayaking knowledge, come join us for this intermediate class! This is an in-depth focus on skills necessary to go paddling on your own. You will learn proper strokes and maneuvers, tide/current basics while paddling on the bay, and capsizes recovery. You will also earn a certificate to rent your own kayak. The marshlands surrounding M.L.K. Jr. shoreline offer great opportunities for viewing shorebirds while you learn to navigate the bay environment. Parent participation is required for children 10-13. (10+ yrs)  
Reg. Required: (510) 636-1684  
Fee: \$85 (non-res. \$95)

**BROOKS ISLAND ADVENTURE-CA** Brooks Island-Richmond Marina

Current Adventures  
11am-4pm, Sun, Jul 27 #4501, Sat, Aug 16 #4502

Come join us for an exciting day of kayaking and exploration! Instructors will give a brief introduction to equipment and strokes during a trip through the picturesque Richmond Harbor. The trip is an easy, short paddle in stable, double kayaks across sheltered bay water with spectacular views of San Francisco and the bridges. Paddle along Brooks Island preserved shoreline then come ashore to enjoy a guided, 2-mile hike around the island which is normally closed to visitors. Includes a stop for a shared potluck lunch. (14+ yrs)  
Reg. Required: (510) 636-1684  
Fee: \$85 (non-res. \$95)

**FULL MOON PADDLE** Lake Chabot Marina

Current Adventures  
7-10pm, Sat, Jul 12 #4498

This ONE-TIME course is the first step in learning paddle touring and sea kayaking. Get in-depth instruction for paddling in calm water. Participants will explore the lake during twilight and return to the marina as the moon rises. A brief introduction to the equipment and paddle strokes will be provided for those who have never kayaked. Don't miss out! Parent participation required for youth age 5-13. (5+ yrs)  
Reg. Required: (510) 636-1684  
Fee: \$69 (non-res. \$77)



Photo by Los Killburn  
This group of flycasters enjoyed the Intro. to Flyfishing offered last March, and gained much classroom knowledge plus outdoor experience casting at the lake at Shadow Cliffs.

## ARDENWOOD

Ardenwood is open Tues.-Sun. from 10 a.m.-4 p.m. plus Labor Day. Food service and Patterson House tours are available Thurs.-Sun. Blacksmithing and horsedrawn train rides are available Thurs., Fri., and Sun. Program and fee info: (510) 796-0663, ardenwood@ebparks.org, or www.ebparks.org. Admission fee applies.

## INDEPENDENCE DAY CELEBRATION

Ardenwood Gaeta Bell & Staff  
10am-4pm, Fri, Jul 4

Join us for a fun-filled community festival, 1900-style! Celebrate July 4th at Ardenwood with rousing patriotic music from a brass band on the lawn and fiddle music in the farmyard. There will be games, contests and races for everyone all day long. Test your skill at nail-driving, egg toss, watermelon seed spitting, join a bucket brigade and tug-o-war. Bring a picnic and spend the day the old-fashioned way!

Info: (510) 796-0663  
Fee: Ardenwood Special Event Fee

## A WALK IN TIME: HISTORY AND ART IN THE MAKING

Ardenwood Patterson House  
10am-4pm, Sat, Aug 16

Surround yourself with art, music, and history while enjoying Ardenwood's beauty and tranquility. Join us for a day filled with hands-on art and crafts for children, tours of the elegantly restored Patterson House, silent film viewing, children's lawn games and Victorian garden tours. Classical musical groups and local talents will serenade you as you enjoy fine art displays from a variety of well-known local artists.

Info: (510) 796-0663  
Fee: \$5/16+ yrs; under 16 free

## HISTORIC RAIL FAIR

Ardenwood S. P.C.R.R.  
10am-4pm, Sat-Mon, Aug 30-Sept. 1

"All Aboard!" Take a ride on America's only scheduled horse-drawn train. Explore local railroad history, visit rail and hobo camps, see model railroads in action and give a hand car

a try. Relive the age of rail power as you ride along behind the star of the show, "Deanna," an 1891 Baldwin Steam Locomotive.

Info: (510) 796-0663  
Fee: Ardenwood Special Event Fee

## VICTORIAN FLOWER ARRANGING

Ardenwood Volunteers  
10:15-11:30am, Thursdays

Watch as our docents create floral works of art for display in the Patterson House.

Info: (510) 796-0663

## COUNTRY KITCHEN COOKIN'

Ardenwood Staff  
10:30am-1:30pm, Sundays in July & August

Enjoy the flavor of the past with treats cooked on our wood-burning stove. Sample famous farmyard cookies as you discover the history of the outdoor kitchen. Pick up an historic recipe to try at home.

Info: (510) 796-0663

## ANIMAL FEEDING

Ardenwood 3pm, Thursdays-Sundays

Help slop the hogs, check the henhouse for eggs, and bring hay to the livestock. You'll learn all the animals' favorite foods as you help shut the farm down for the evening.

Info: (510) 796-0663

## FARM TO FOOD

Ardenwood Elise McFarland  
11am-noon, Sat, Jul 5

We'll take a walk around the farm and see what's springing up in our fields, sprouting in the vegetable garden, and growing on the trees. There's always something growing on the farm, and we'll get a taste of what crops are all about.

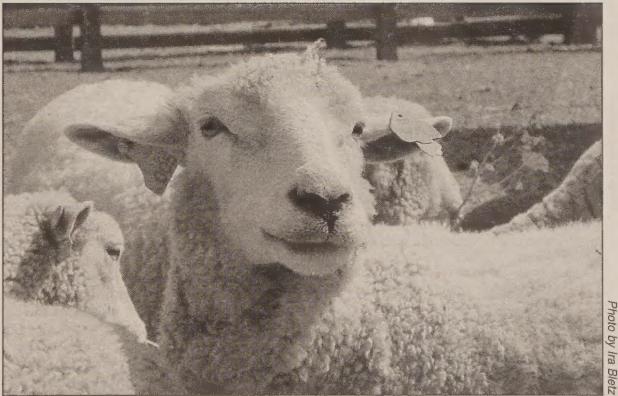
Info: (510) 796-0663

## CROQUET FOR KIDS

Ardenwood Staff  
1-2pm, Sun, Jul 6, Aug 10

Ever wonder what a wicket is? Learn how fun this old-time sport is as we set a course and play a game. Adults with children are welcome to play as partners on a team.

Info: (510) 796-0663



**Ardenwood Historic Farm** is home to the East Bay Regional Park District's largest flock of Romney sheep—1 ram, 5 ewes and 1 ewe lamb. The breed was developed in England during the 1800s and introduced into America in 1904. Known for their long and lustrous fleece, which hangs in separate locks, the Romney's wool is prized by commercial wool buyers and craftspeople. The white fleece is especially attractive to those who practice the ancient art of handspinning. The wool is easily spun and easy to dye. Romney wool is used for everything from sweaters to outerwear to carpets.

#### FLOUR POWER

Ardenwood Staff  
1-2:30pm, Sat, Jul 5, Sun, Jul 6, Sat, Jul 12, Sun, Jul 13

Explore the steps involved in processing our wheat into flour. Lend a hand bringing in the sheaves, learn ancient and turn-of-the-last-century methods of threshing and help mill the grain into flour. After some work we'll stop by the Country Kitchen for a tasty whole wheat treat fresh from the oven.

**Info:** (510) 796-0663

#### LOVELY LADIES CROQUET

Ardenwood Volunteers  
1-3pm, Sun, Jul 6, Aug 10

A proper Victorian lady wasn't always limited to watching sports from the sidelines because of the social requirements of the day. Don't miss your chance to watch an entertaining example of a "very Victorian" croquet game.

**Info:** (510) 796-0663

#### BERRY PICKING

Ardenwood Garcia/Reinertson  
10:30-11:30am, Sat, Jul 12, Sun, Jul 13, Sat, Jul 26, Sun, Jul 27, Sat, Aug 9

Summer's succulent blackberries are ready for picking! Bring your own berry basket and gather a bunch to take home for pies, cobblers and other summertime treats.

**Info:** (510) 796-0663

#### RECYCLED BIRDHOUSES

Ardenwood Gloria Guy  
11am-noon, Sat, Jul 12, Aug 9

Bring your own half gallon milk carton and discover how to make a beautiful birdhouse or feeder. Together we'll learn why recycling is good for the

planet and our local birds! Younger builders (5-6 yrs) will need help from their parents.

**Info:** (510) 796-0663

#### OLD-FASHIONED ICE CREAM

Ardenwood Staff  
2-3pm, Sun, Jul 13, Sat, Jul 19, Sun, Jul 20, Sun, Aug 3, Sat, Aug 9, Sun, Aug 17, Sat, Aug 23

Invented in 1846, the hand cranked ice cream freezer made frozen desserts fashionable at Victorian dinner parties. While turn-of-the-last-century chefs experimented with cucumbers, spinach, and curry, we'll stick to flavors that have stood the test of time as we crank up a batch of this all-American treat.

**Info:** (510) 796-0663

#### WHEAT HARVESTING

Ardenwood Staff  
11am-3pm, Sat & Sun, Jul 19, 20

Come see the Oakland Museum's Best Steam Engine in action! Manufactured in San Leandro in 1902, this beautifully-restored machine will pull Ardenwood's 1920s era Holt combined harvester through our wheat field. On this special weekend, you'll also see a stationary thresher, hay loader and hay baler at work, and be able to try your skill at old-fashioned hand tools used to separate the wheat from the chaff. Sample a delicious treat baked by our volunteers at the wood-fired stove with the whole wheat flour you help mill straight from the field.

**Info:** (510) 796-0663

#### FARM SONGS ON THE HORSE-DRAWN WAGON

Ardenwood Tara Reinertson  
11am-noon, Sun, Jul 20, Aug 10, 24

Come aboard our horse-drawn wagon and sing along with a guitar playing

naturalist as we tour the farm. As we ride along we will sing old-time songs of farms, horses and railroads and learn about the important history of agriculture in California.

**Info:** (510) 796-0663

#### HAY HOISTING

Ardenwood Staff  
1-2pm, Sat, Jul 26, Aug 16, 23

Make rope with our antique machine, then see how lots of rope plus a few pulleys make hoisting hay bales into the barn loft a cinch.

**Info:** (510) 796-0663

#### HISTORY TOUR

Ardenwood Christina Garcia  
2-3pm, Sat, Jul 26, Aug 16

Tour the grounds of this agricultural preserve and hear the story of the families that once lived and worked here. Take a peek into the outhouse and the milkhouse and learn what life was like on a farm 100 years ago.

**Info:** (510) 796-0663

#### A ROSE IS JUST A ROSA ODORATA

Ardenwood Gloria Guy  
2-3pm, Sun, Jul 27

Ever wonder how yellow roses once symbolized being worthy but now represents friendship? As we tour Ardenwood's gardens, we'll learn about the Victorian meanings and the secret messages roses once held. See how many flowers have retained that personality.

**Info:** (510) 796-0663

#### DROP-IN KNITTING

Ardenwood Elise McFarland  
1-2pm, Sun, Jul 27, Aug 10, 31

Learn to knit, or bring a project you're already working on as we discuss the history of this useful and relaxing art! All skill levels are encouraged to come; feel free to bring any projects you need help with.

**Info:** (510) 796-0663

#### FARMYARD GAMES

Ardenwood Staff  
1-2pm, Sun, Jul 27, Aug 3, 17, 31

Leave your modern amusements behind and try your hand at some old-fashioned fun! Hop like a bunny in sack races, pull like a bull in tug-o-war and fly like a peacock during a potato-sack race. Bring the family and test your skill.

**Info:** (510) 796-0663

#### FARM ART

Ardenwood Christina Garcia  
2-3pm, Sat, Aug 2

Take a walk through the farmyard and gardens to collect seeds, wool, straw and other interesting materials. Learn which plants and animals provide these treasures and then use them to create a unique farm collage with our art supplies and your imagination.

**Info:** (510) 796-0663

#### FARM CHORES FOR KIDS

Ardenwood Gordie  
10:30-11:30am, Sat, Aug 24, 31

There's always work to do! Come out and lend a hand with morning chores. Help move animal pens, weed in the paths and crack corn for the chickens.

**Info:** (510) 796-0663

#### FROM HORSE TO DEER

Ardenwood Eric  
1-2pm, Sat, Aug 2

John Deere, that is! Come and learn about our collection of antique farming equipment and Percheron draft horses and our engine to our collection of turn-of-the-century deer. Result of steam and combustion engines.

**Info:** (510) 796-0663

#### CUTTING YOUR WAY TO AN HERB GARDEN

Ardenwood Tim  
11am-noon, Sun, Aug 3, Aug 10, 24

Join us in our Victorian herb garden and learn how easy it is to grow plants from cuttings of many species such as lavender and rosemary. Come home some lovely cutting from your own garden.

**Info:** (510) 796-0663

#### LAUNDRY DAY

Ardenwood Arlene  
1-2pm, Sat, Aug 9

Step back to the days before machines when doing laundry was a dreaded task. Try your hand at dolly stick, washboard or mangle. You help us scrub our clothes clean.

**Info:** (510) 796-0663

#### BARNYARD BUDDIES

Ardenwood Arden  
10:30-11:30am, Sat, Aug 10

Here's your chance to get up close and personal with all your favorite barnyard animals—the goats a snack, pet a hamster, the heifers and tickle a chick.

**Info:** (510) 796-0663

#### POTATO HARVESTING

Ardenwood Carol  
10:30-11:30am, Sat, Aug 21

It's time for the great potato harvest! Hear the history of Ardenwood! Hear how it became a humble tuber and how it became one of the world's favorite foods. Then dig in your spade and spuds to take home.

**Info:** (510) 796-0663

#### WORKING WITH WOOL

Ardenwood Gordie  
1-2:30pm, Sun, Aug 24

See how sheep's wool is used to make yarn and cloth. Learn to use spinning cards, see how a spinning wheel works and take a turn with the spinning wheel.

**Info:** (510) 796-0663

**HAT'S BREWING  
THE FARM**

Blackwood Ira Bletz  
Mon. Sept. 1  
ewing was common on 19th century  
ns. Join us on Labor Day as we  
ew up a special batch of honey-  
ead ale using ingredients from right  
on the farm. Taste the fruits of our  
or or sip some homemade rootbeer.  
Info: (510) 796-0663

**BLACK DIAMOND**

athouse Visitor Center is open  
10 a.m.- 4 p.m. Saturdays and  
days March through November.  
Black Diamond programs (unless  
otherwise noted) meet at the parking  
at the south end of Somersville  
and in Antioch. For info call (925)  
757-2620 or email  
[visit@ebparks.org](mailto:visit@ebparks.org).

**AZEL-ATLAS  
LICA-SAND MINE TOUR**

Black Diamond  
3pm, Saturdays & Sundays  
Nov.

explore the underground through a  
guided tour and learn its history,  
ology, and the methods used to mine  
sandstone. An hour-long, ad-  
vanced-reservation tour is offered at 1  
through November. First-come,  
reserved tours are offered at noon  
3 p.m. only. (7+years)  
Info: (510) 636-1684  
Fee: \$3

**REATHOUSE  
ITOR CENTER**

Black Diamond Staff  
4:30pm, Saturdays & Sundays

new the workings of a 20th-century  
mine and learn about the lives of  
19th-century coal miners in the  
house Visitor Center. Artifacts  
and photographs are displayed and a  
video featuring former Mt. Diablo  
field residents is shown.

Info: (925) 757-2620  
Fee

**ACKS FOR SNAKES**

Black Diamond Sabrina Dussau  
3pm, Sat, Jul 5

nto the cool underground to  
plore the slithering world of snakes.  
ll see a slide show, meet a snake,  
then watch one of our resident  
akes have a snack.  
Info: (925) 757-2620  
Fee

**NOBBERS**

Black Diamond Sabrina Dussau  
3pm, Thu, Jul 17, Aug. 21

ckers were boys 8 and older who  
elped coal miners work underground.  
n our modern day class of knobbers  
both boys and girls enjoy life as a  
naturalist. July 17: Life under-  
ground, August 21: Seeds. (8-12yrs)  
Info: (925) 757-2620  
Fee: \$6 (non-res. \$8)

**ALHAMBRA VALLEY BAND**

Black Diamond Staff  
7-9pm, Sat, Jul 19  
Join us for a delightful evening of  
lively, foot-tapping music. Featured at  
many festivals, the group performs a  
mix of bluegrass, American folk, and  
traditional styles of music and song.  
Info: (925) 757-2620

Parking fee: \$10

**DO IT YOURSELF DOLLS**

Black Diamond Sabrina Dussau  
1:30-4pm, Sat, Jul 26  
Learn about dolls used by early  
pioneers as you make one of your own.  
We'll provide everything you need to  
craft this classic toy. (6+yrs)

Reg Required: (925) 757-2620

Fee: \$5 (non. res. \$7)

**HOW TO MEET A SNAKE**

Black Diamond Bob Kanagaki  
11am-noon, Sat, Aug 2  
Wary of rattlers? Watch our video and  
learn the safe way to meet or avoid  
them on the trail.

Info: (925) 757-2620

No fee

**STAR SHOWER**

Black Diamond Sabrina Dussau  
8-11pm, Fri, Aug 8  
Catch a shooting star tonight as they  
blaze across the horizon. We'll stay in  
the park after hours to watch the first  
part of the year's greatest meteor  
shower-the Perseids.

Reg Required: (925) 757-2620

No fee

**SOMERSVILLE VAN**

**AND MINE TOUR**

Black Diamond Bob Kanagaki  
10am-noon, Sat, Aug 9 #4210, Aug 30  
#4212

Leave the driving to us as we take a  
tour through a nineteenth-century  
mining townsite and walk through  
some cool underground passages in the  
Hazel-Atlas Mine. (55+yrs)

Reg. Required: (510) 636-1684

Fee: \$3

**GOLDEN BOUGH**

Black Diamond Staff  
7-9pm, Sat, Aug 16

This popular musical trio will conclude  
our summer concert series with their  
unique fusion of Celtic and original  
music. Using vocal harmonies and a  
wide variety of acoustic instruments,  
Golden Bough captures the essence  
and joy of the traditional folk music of  
Ireland, Scotland and other Celtic  
lands.

Info: (925) 757-2620

Parking fee: \$10

**SURVIVOR: CHAPARRAL**

Black Diamond Bob Kanagaki  
9-11am, Sat, Aug 23

Have a look at the ultimate challenge  
for plants-growing in a hot, dry  
climate-and find out how the winners  
adapt to their harsh surroundings.

Info: (925) 757-2620

No fee

**COYOTE HILLS**

The Coyote Hills Visitor Center is  
open Tue. - Sun. 9:30 a.m.-5 p.m.  
and Labor Day. "Possum's Pocket"  
has books, bug boxes, and other  
items for sale. The Garin Park  
Visitor Center is open Sat. and Sun.  
10:00 a.m. to 4:30 p.m., and Fri.,  
July 4. For info call (510) 795-9385  
or email [chvclit@ebparks.org](mailto:chvclit@ebparks.org).

**MINIBEASTS!**

Coyote Hills Kristina Parkison  
9:30-11:30am, Sat, Jul 5  
What role does the most abundant  
animal on Earth play in the F.B.I.? Come  
find out why it's important as we  
investigate the wild world of the  
minibeasts! Training an insect for the  
Bug Olympics, learning about amazing  
transformations, and making some cool  
crafts to take home will give you an  
appreciation for these often feared and  
distrusted animals. (6-12yrs)

Reg. Required: (510) 795-9385

Fee: \$3

**NURTURING ART-  
NATURE JOURNALS**

Coyote Hills Kristina Parkison  
1-3pm, Sat, Jul 5

Exploring the natural world and  
recording your observations is a  
wonderful way to improve writing and  
observation skills. We'll start by  
making our own journals with recycled  
paper and finish by taking a reflective  
nature walk through the marsh to start  
the journaling process. (10+yrs)

Reg. Required: (510) 795-9385

Fee: \$5 (non-res. \$7)

**THE GARDEN IS OPEN**

Coyote Hills Jan Southworth  
10am-5pm, Sat, Jul 5, 12, every Sat. in Aug

Learn about plants that attract butterflies  
and hummingbirds and enjoy the  
Butterfly Garden in summer. Delight in  
the blossoms of the season or search

out the garden's more illusive inhabitants.  
Songbirds, hummingbirds, quail  
and an abundance of butterflies await  
you.

Info: (510) 795-9385 ,

No fee

**SUNDAY NATURE  
ADVENTURES**

Coyote Hills Staff  
2-3pm, Sundays, July-August

The park is full of a thousand stories  
about its plants, animals, and history.  
You'll be able to learn about snakes or  
butterflies, marshes or shellmounds  
and what makes them special to the  
park and important to the world we live  
in. Call for details for the day you're  
planning to visit. This program is  
perfect for scout and church groups.  
Info: (510) 795-9385

No fee

**FLOWER FUN!**

Coyote Hills Gloria Gutierrez  
1:30-2:30pm, Sat, Jul 12

Join us in a hands-on Butterfly Garden  
flower-pressing program. Have all the  
fun of learning to identify our nectar  
garden flowers and the pleasure of  
pressing samples of your favorite  
plants without the wait. Our express  
press technique will allow you to leave  
with your own picked and pressed  
posies. (6+yrs)

Info: (510) 795-9385

Fee: \$2

**OHLONE-STYLE  
STRING MAKING**

Coyote Hills Ortiz/Garibay  
10am-noon, Sun, Jul 13 #4173

Sabrina Garibay (Ohlone) and Beverly  
Ortiz will teach you to make dogbane  
string. You'll also have an opportunity  
to learn about other native California  
leaf, stem and root fibers as well.  
(16+yrs)

Reg. Required: (510) 636-1684

Fee: \$15 (non-res. \$17)



Coyote Hills Regional Park in Fremont is notable for the rolling hills that line the park's bay shoreline. The Visitor Center and the marsh lie on the east side of the hills (left, foreground). Coyote Hills naturalists are known for interpretive programs highlighting the history and culture of the Tuibui Ohlone.



Photo by Shelly Lewis

**Users of the Iron Horse Regional Trail can now directly access the Dublin/Pleasanton BART station from the trail. The paved trail's completion to the BART station now makes for an unbroken "commute" on the trail from Pleasant Hill. The completion of two short segments in the Walnut Creek/Concord area are all that remains to complete the trail northward to Highway 4.**

enhanced hearing, and exceptional sense of smell, just to name a few. Join us as we explore the high-tech world of animal adaptations and which one humans have "borrowed"! (7-12yrs)  
Reg. Required: (510) 795-9385  
No fee

#### SHELLMOUND TOUR

Coyote Hills Kristina Parkison  
1:30pm, Sat, Aug 2

Here's an opportunity to experience one of the Bay Area's rare resources—an Ohlone shellmound. The tour of the shellmound will begin in the Visitor Center with an introduction to Ohlone culture through artifacts and games. Along the way to the reconstructed village, we'll discover the natural history of the area's plants and animals and get a chance to make cordage. Join us for this fun and educational journey to a very special place.

Reg. Required: (510) 795-9385  
Fee: \$2/person, \$5/family

#### DUSK DISCOVERIES

Coyote Hills Kristina Parkison  
7-9pm, Sat, Aug 2

Would you be afraid of the dark if you could smell as well as a coyote, see like an owl, or hear like a deer? Come find out on this excursion into the nocturnal world. Find out if bats really are blind, why coyotes howl, and how the night sky was made. Our friends, the bats, will provide refreshments! (8+years)

Reg. Required: (510) 795-9385  
Fee: \$2/person, \$5/family

#### CULTURAL DEMOS AT THE SHELLMOUND

Coyote Hills Beverly Ortiz  
10am-4:30pm, Sun, Aug 3

Ohlone descendants will share their history and culture at a more than 2,000 year-old Ohlone village site.

#### SEA SIBLINGS

Sea siblings targets the 3-5 year old learning ability while providing the option of inviting a 1-5 year old sibling or friend along. Each class provides outdoor exploration and a theme related craft. All children pay the course fee. All classes meet at Crab Cove on Tuesdays.

**July 8**, 9:30-10:30 a.m. and 11 a.m.-noon, SEAWEED, Reg. Required: (510) 521-6887, Fee: \$4. **July 22**, 9:30-10:30 a.m. and 11 a.m.-noon, SOLAR SURPRISE, Reg. Required: (510) 521-6887, Fee: \$4. **August 5**, 9:30-10:30 a.m. and 11 a.m.-noon, GREEN PLANET:

Investigate amazing trees that thrive in California! Reg. Required: (510) 521-6887, Fee: \$4. **August 19**, 9:30-10:30 a.m. and 11 a.m.-noon, FABULOUS FEET: There's more to a mammals foot than a heel and toes. Reg. Required: (510) 521-6887, Fee: \$4.

#### ECO EXPLORERS

Coyote Hills Kristina Parkison  
9:30am-12:30pm, Tue-Fri, Jul 15-18 #4470

Become a junior biologist by discovering the world of plants and animals through hands-on investigations. We'll uncover marsh mysteries, peep into ponds, and learn to track animals. Discover the unique animals and plants who call the Bay Area their home! (8-12yrs)

Reg. Required: (510) 636-1684  
Fee: \$66 (non-res. \$74)

#### CLAWS, PAWS & CAMOUFLAGE

Coyote Hills Kristina Parkison  
1-3pm, Sat, Jul 19

Have you ever wondered what weapons animals have in their arsenal to survive in the crazy world of nature? How about poison, radar, night vision,

#### ESTUARY EXPLORERS

Estuary Explorers is designed for 6-8 year olds; every class includes outdoor exploration and a theme related craft and snack. Parents/guardians are encouraged to drop off their child to allow for an independent nature experience, with Naturalist guidance. Please register in advance to ensure adequate craft and snack materials are available. All classes meet at Crab Cove on Thursdays.

**July 10**, 3:30-5 p.m., SEAWEED SURPRISE, Reg. Required:

(510) 521-6887, Fee: \$6 (non-res. \$8). **July 24**, 3:30-5 p.m., SOLAR ENERGY, Reg. Required: (510) 521-6887, Fee: \$6 (non-res. \$8). **August 14**, 3:30-5 p.m., GREEN PLANET:

Investigate amazing trees that thrive in California! Reg.

Required: (510) 521-6887, Fee: \$6 (non-res. \$8). **August 28**, 3:30-5 p.m., FABULOUS FUNKY FEET! Get down and dirty, as we examine mammals feet, inside and out. Reg. Required: (510) 521-6887. Fee: \$6 (non-res. \$8).

#### SEA SQUIRTS

Exclusively for 3-5 year olds accompanied by an adult, Sea Squirts is a great way to discover nature with your little one. Each program offers outdoor exploration and a theme-related craft and snack. See our "Sea Siblings" program if you prefer to have 1-5 year olds join their 3-5 year old siblings. All classes meet at Crab Cove on Tuesdays. (3-5yrs). **July 15**, 10-11:30 a.m., SEAWEED, Reg. Required:

(510) 521-6887, Fee: \$6 (non-res. \$8). **July 29**, 10-11:30 a.m., SOLAR SURPRISE, Reg. Required: (510) 521-6887, Fee: \$6 (non-res. \$8). **August 12**, 10-11:30 a.m., GREEN PLANET, Reg. Required: (510) 521-6887, Fee: \$6 (non-res. \$8). **August 26**, 10-11:30 a.m., FABULOUS

FEET: There's more to a mammals foot than a heel and toes. Reg. Required: (510) 521-6887. Fee: \$6 (non-res. \$8).

Several cultural activities will be demonstrated, including basket boat making, shell beads, stone pendants, and native plant use. Info: (510) 795-9385  
No fee

#### EARTH ART

Coyote Hills Kristina Parkison  
1:30-3:30pm, Sat, Aug 16

Nature will provide the paint today! Learn how onionskin, rocks, and eggs can be used to create unique works of art. You'll learn the beauty of nature in a totally new (10+yrs)

Reg. Required: (510) 795-9385  
Fee: \$3

#### SUBLIME SALVIAS PROPAGATION WORKSHOP

Coyote Hills Kristina Parkison  
1:30-3:30pm, Sat, Aug 16

Salvias are easy to grow and are guaranteed to bring hummingbirds to your garden. Learn techniques for propagating them, make compost in our nectar garden favorites, take them up and take them home to your own haven for hummers. Reg. Required: (510) 795-9385  
Fee: \$10 (non-res. \$12)

#### ACORN SOUP MAKING WORKSHOP

Coyote Hills Kristina Parkison  
10am-4pm, Sun, Aug 17

Join Ruth Orta (Ohlone) and Beverly Ortiz in preparing some of the old way using cracking stones, mortar, pestles, winnowing and baskets, and stone boiling in a basket. (14+years)

Reg. Required: (510) 795-9385

Fee: \$2/person, \$5/family

#### CULTURAL DEMOS AT THE SHELLMOUND

Coyote Hills Kristina Parkison  
10am-4:30pm, Sun, Aug 3

Ohlone descendants will share their history and culture at a more than 2,000 year-old Ohlone village site.

#### SEA SQUIRTS

Stop by the Butterfly Garden in the morning and spend some quiet time with the birds that make this their home. Learn how fountain feeders and the right combination of plants can transform a sunny spot into a wildlife paradise and refuge. Info: (510) 795-9385  
No fee

#### HUMMINGBIRD TEA PARTY

Coyote Hills Kristina Parkison  
2-3:30pm, Thu, Aug 28

Spend a lazy summer afternoon "tea" in the Nectar Garden while watching the Anna's hummingbird play. Partake of a sumptuous meal of sweet treats and tea wishes as you study the flight and feeding behavior of one of the fastest and tiniest birds. Partake of a feast for all your senses. Proceeds from this party will benefit the garden and its wildlife. Reg. Required: (510) 636-1684  
Fee: \$18/adult; \$12/child (non-res. \$20/\$14)

## CRAB COVE

Nature Store is open  
10 a.m.-4:30 p.m. Exhibit  
closed for remodeling. For  
(510) 521-6887 or email  
sparks.org.

**JULY PARADE**  
Gail Broesder & Staff  
*Fri, Jul 4*  
For some Alameda "hometown"  
we celebrate Independence Day.  
Be a part of the annual Crab  
Cove in the 4th of July Parade.  
(510) 521-6887

## LOW TIDE WALK

Crab Cove  
10-11am, Sat, Jul 5, Aug 2

11am-noon, Sun, Jul 6

Bay mud and rocks galore, find out  
what or who they're good for. Meet  
barnacles, crabs and worms up close  
before the tide returns to cover them  
up! Dress for fun in the mud and sun.  
Info: (510) 521-6887

No fee

## NATURE DETECTIVES

Crab Cove Dara Rossoff  
1-2pm, Sat, Jul 5

Animals big and small leave clues

everywhere for us to discover. We will



Staff

search the park as nature detectives and  
unravel the mystery these creatures  
have left behind. We will create our own  
plaster of Paris footprints and  
make our own edible scat!

Reg. Required: (510) 521-6887

Fee: \$4

## MIGRATE, HIBERNATE, SURVIVE

Crab Cove Karen Nichols  
3-4pm, Sat, Jul 5

10-11am, Sun, Jul 6

How do animals and birds adapt to the  
changing seasons? From snow on the  
ground, to extreme heat, discover how  
creatures survive in their habitats.  
(7+ yrs)

Info: (510) 521-6887

No fee

## EVENING CONCERTS AT THE COVE

Crab Cove

5:30-7:30pm, Fri, Jul 11, Aug 8

Join us for our fifth season of incred-  
ible free music and fun! Extended  
hours at the Visitor Center plus family  
activities on the deck and beautiful  
views of San Francisco Bay make our  
concerts extra special. Bring your  
blanket or lawn chair; food and  
beverages available for purchase.  
Sponsored by the West Alameda  
Business Association and East Bay  
Regional Park District. July 11: Hear  
the Reggae/Ska band Radix Noise.  
Aug. 8: Rhythm and blues band Napata  
and The Chocolate Kisses.

Info: (510) 521-6887

No fee

## GREEN POWER

Crab Cove Karen Nichols  
3-4pm, Sat, Jul 12

10am-11am, Sun, Jul 13

Trees are the lungs of the plant!  
Explore through games and activities  
how our deeply rooted friends help the  
planet thrive! (7+ yrs)

Info: (510) 521-6887

No fee

## POND EXPLORATION

Crab Cove Interpretive Staff

11am-noon, Sat, Jul 12, Aug 9

1-2pm, Sat, Jul 19, Aug 2, 16, 23, 30

1-2pm, Sun, Jul 20, 27, Aug 3, 10, 17,  
24, 31

Ponds in summer shimmer, and thrive,  
attracting all kinds of life! Come visit  
to see-we think you'll agree-a guided  
walk is just what you need!

Info: (510) 521-6887

No fee

## MICRO JOURNEYS

Crab Cove Karen Nichols  
3-4pm, Sat, Jul 19

Explore nature from the ground up!  
Using hand lenses and bug boxes we  
will explore nature up close.

Info: (510) 521-6887

No fee



## BEACH EXPLORATION

Crab Cove Interpretive Staff

11am-noon, Sun, Jul 20

10-11am, Sat, Aug 16, 30

10-11am, Sun, Jul 29, Aug 31

The tide comes in bearing gifts from  
our Bay-estuary! Take this guided  
exploration to find clues to the animals  
who make the shoreline their home.

Info: (510) 521-6887

No fee

## SEASHELL DISCOVERY

Crab Cove Dara Rossoff  
10-11am, Sat, Jul 26

Shells are home to many different sea  
creatures and provide important  
nutrients for a healthy beach. Together  
we will investigate the life of a shell,  
from animal home to water wanderer.  
We will walk the sandy shore to find  
seashells and create our own stories of  
where they came from. Then, form  
your own shell art before returning the  
shells back to their sandy home. Wear  
clothes that can get dirty. (6-8 yrs)

Reg. Required: (510) 521-6887

Fee: \$4

## WILD WATER

Crab Cove Karen Nichols  
3-4pm, Sat, Jul 26

Where does your tap water come from?  
How does water travel from the Sierra  
mountains to the Pacific Ocean? We  
will find the answers together through  
games and activities. (7+ yrs)

Info: (510) 521-6887

No fee

## TRACKING

Crab Cove Karen Nichols  
10-11:30am, Sun, Aug 3

Find signs of animals using your own  
five senses. Come investigate tracks of  
a variety of bird and animal species.

Info: (510) 521-6887

No fee

## NATURE SKETCHING

Crab Cove Karen Nichols  
2-4pm, Sun, Aug 10

Gain skills in sketching the natural  
world; includes a short hike to the  
shoreline and materials for sketching.  
(8+ yrs)

Info: (510) 521-6887

No fee



## ADVENTURING NATURALISTS

Crab Cove Karen Nichols  
10-11:30am, Sun, Aug 17

Take a one to two mile hike, making  
your own discoveries of the animals,  
birds, and insects that call Crab Cove  
home. Learn the basics of wildlife  
observation. (7+ yrs)

Info: (510) 521-6887

No fee

## TUESDAY TWILIGHTS

by summer sunsets with the family in a different East Bay Regional Park  
Tuesday evenings. These natural and cultural history walks vary in  
scenery and terrain. Not all programs are suitable for organized groups.  
Good walking shoes, bring water and a flashlight and dress for possible  
evening breezes. For complete listing please call (925) 862-2601.

1, 7-9 p.m., Sabrina Dussau,  
Diamond-Gravestone  
Hikes: Take a hilly one-mile  
this evening to explore the life  
of a mining town. See  
remnants of the vanished town of  
Cerroville, hear stories about  
mining families, and visit historic  
Bull Creek Cemetery. Reg. Required:  
(510) 757-2620. No fee

8, 7-9:15 p.m., Katie Colbert,  
Moon of the Giant Cactus  
How: We'll hike three-  
quarters of a mile uphill to Sunol's  
own giant cactus patch and  
at the waxing gibbous moon  
the way. We'll take it easy on  
the uphill, but wear good hiking  
shoes, bring water. A small flash-  
light is optional. Info: (925) 862-  
2601.

15, 7-9 p.m., Sabrina Dussau,  
Sindich Lagoons:  
Explore the park at day's end as we  
look for signs of animals enjoying  
the cool of the evening. This hilly  
area will take us up to Sindich  
lakes where the deer and am-  
phibians play. Info: (925) 757-2620.

22, 7:30-9:30 p.m., Erica  
Del Valle, Oak Hills Trail:  
After a picnic supper and come  
about Lake Del Valle's early  
days as we explore the Oaks Hills  
area. As we hike this one mile  
uphill loop trail, we'll learn  
about the Ohlone Indians and early  
settlers, see the remnants of an old  
orchard, and look for the  
remaining evidence of a one-room  
school. We'll return to our cars after  
the trail and caught a glimpse  
of the lake at night light. Meet at the  
Sky Ridge Visitor Center. Info:  
(510) 796-0663.

29, 7:30-9:30 p.m., Alan  
Tilden Nature Area-New  
Sun Walk: This is a good night to  
see stars without the interference of



= Wheelchair accessible program



= Parking fee may be charged



= Financial assistance is available



ects to take home and discover about the Little Farm's sheep.  
Reg. Required: (510) 525-2233  
Fee: \$3

**WILDLIFE!**  
Tilden Nature Area Sheppard/Allen  
1pm, Sat, Jul 5  
Learn about the only poisonous snake in our park and meet its very common names mimic. Folklore and live snakes bring the whole family.  
Reg. Required: (510) 525-2233  
Fee: \$3

**LIVING HOUSE**  
Tilden Nature Area Scott/Berry  
1pm, Sat, Jul 5  
Help make a house that is alive! Construct a trellis for a garden and plant beans that will climb up and shade to summer. Learn about plant ecology and how beans are able to reach for the sky.  
Reg. Required: (510) 525-2233  
Fee: \$3

**BREAKFAST WITH THE BIRDS**  
Tilden Nature Area Jessica Sheppard  
10-11am, Sun, Jul 6  
Bring your breakfast beverage, I'll bring pastries and we'll perch around a lake to watch the birds of the day. Great for beginners.  
Reg. Required: (510) 525-2233  
Fee: \$4

**WITTERFLY COUNT**  
Tilden Nature Area Jessica Sheppard  
3pm, Sun, Jul 6  
Native plant garden is blooming. Learn to identify the local species to add to our butterfly list.  
Reg. Required: (510) 525-2233  
Fee: \$4

**TEA AT 4**  
Tilden Nature Area Alan Kaplan  
10-11am, Mon, Jul 7, 21, 28, Aug 25  
Enjoy some of the best teas from the Pacific Rim and learn their natural and cultural history. Then take a walk to a natural event nearby: nesting birds, a log of termites, or a complete surprise! Be sure to call ahead so we have enough refreshments.  
Reg. Required: (510) 525-2233  
Fee: \$5 (non-res. \$7)

**COMPOST CRITTERS**  
Tilden Nature Area Nadia Stanis  
10-11am, Sat, Jul 12  
What do you get if you put lunchtime flowers, leaves, and creepy crawlers together? A chance to explore our compost, meet our worms and even make some home!  
Reg. Required: (510) 525-2233  
Fee: \$4

**KIDS GARDEN CLUB**  
Tilden Nature Area Stannis/Scott  
1pm, Sat, Jul 12, 26, Aug 2, 23  
Join the club for kids ages 7-12 to explore the world of gardening. July 12, Plant ID: Learn to make a leaf key and create and decorate signs to label our garden. July 26, Hideaway Tee-Pee: We will make an outdoor fort and plant

beans that will grow and cover the walls. **August 2, Insects:** Make your very own set of butterfly trading cards. We will search out insects in our compost and gardens. **August 23, Garden Soup:** Learn to cook by making a delicious soup from our garden harvest, and prepare for the Festival on Sunday (must commit to Sun, Aug. 24 Festival).  
Reg. Required: (510) 525-2233  
Fee: \$3

**TURTLE TIME**  
Tilden Nature Area Salli Lundgren  
1-2pm, Sat, Jul 12  
Spend an hour getting to know these gentle reptiles. Make a "pet" turtle model to take home.  
Info: (510) 525-2233  
Fee: \$3

**MINI-GARDNERS**  
Tilden Nature Area Nadia Stanis  
2-3:30pm, Sun, Jul 13, Aug 3  
A garden exploration program for 4-6 year olds accompanied by adults. **July 13-Flowers:** We'll dig, harvest, plant and play. Learn why flowers bloom, and make flower bouquets. **Aug. 3-Farm Life:** Meet our farm friends and harvest for a snack.  
Reg. Required: (510) 525-2233  
Fee: \$3

**TODDLER AND FRIENDS**  
Tilden Nature Area Linda Yemoto  
10:30-11:30am, Sun, Jul 20, Aug 3  
Here's a chance for little ones and their grown-up friends to explore the meadows, ponds, and trails in the Nature Area. Especially for 2-3 year olds.  
Info: (510) 525-2233  
Fee: \$3

**"BEE" WISE**  
Tilden Nature Area Salli Lundgren  
12:30-2pm, Sun, Jul 20  
Come hear all the buzz about these helpful insects. We'll make a craft and taste different kinds of honey.  
Reg. Required: (510) 525-2233  
Fee: \$3

**BUTTERFLIES**  
Tilden Nature Area Linda Yemoto  
2-3:30pm, Sun, Jul 20  
Come gently capture and release these beautiful winged creatures. We'll look for buckeyes, swallowtails, checkerspots, and more. Learn the role butterflies play in nature.  
Info: (510) 525-2233  
Fee: \$3

**TILDEN FARM WEEK**  
Tilden Nature Area Nadia Stanis  
10am-4:30pm, Mon-Fri, Jul 21-25  
#4193  
10am-4:30pm, Mon-Fri, Aug 11-15  
#4194  
Come experience the old-time, country lifestyle during a week of farm camp fun! We'll learn about farm animals, dig, shovel, harvest, cook, have fun, and get dirty! (8-11yrs)  
Reg. Required: (510) 636-1684  
Fee: \$135 (non-res. \$149)



The California newt occurs in the Coast Ranges from Central Mendocino south, and the length of the Sierra, primarily in the foothills. This newt is common in East Bay Regional Parks; Central Park Drive in Tilden Regional Park is closed during their breeding season (November-March) to protect the newts as they migrate across the road to breeding grounds. These newts feed on earthworms, snails, slugs, sowbugs and insects.

#### TILDEN MINI-RANGERS

Tilden Nature Area Dave Zuckermann  
3:30-5:30pm, Tue, Jul 22, Aug 12  
Find out how it feels to be a Ranger! Join us for an active afternoon of nature study and conservation in the woods and waters. Dress to get dirty; bring a healthy snack to share. For youth 8-12 years, unaccompanied by their parents.  
Reg. Required: (510) 525-2233  
Fee: \$6 (non-res. \$8)

#### TILDEN EXPLORERS

Tilden Nature Area Linda Yemoto  
2:30-4:30pm, Thu, Jul 31, Tue, Aug 26  
A mostly outdoor exploration program for 5-7 year olds who may be accompanied by an adult. No younger siblings, please. **July 31: Butterflies**-Discover the colorful natural history of butterflies. **Aug. 26: Reptiles**-Learn about their scaly world.  
Reg. Required: (510) 525-2233  
Fee: \$6 (non-res. \$8)

#### DOG DAYS OF SUMMER

Tilden Nature Area Salli Lundgren  
1-2:30pm, Sat, Aug 9  
Find out why August is for the dogs. We'll learn about all sorts of other mammals too-like how they keep cool in the heat.  
Info: (510) 525-2233  
Fee: \$6 (non-res. \$8)

#### WEEKEND TOTS

Tilden Nature Area Linda Yemoto  
10:30am-noon, Sun, Aug 10  
A weekend version of our mid-week Tot program. For 3- and 4-year-olds each accompanied by an adult. Today we'll learn about butterflies, reptiles, and more.  
Info: (510) 525-2233  
Fee: \$6 (non-res. \$8)

#### BUTTERFLY MANIA

Tilden Nature Area Scott/Lundgren  
1-3pm, Sun, Aug 10  
Take a closer look at our native butterflies. What do they eat and how? We will make butterfly trading cards and play games with them in our butterfly garden. (5+ yrs)  
Reg. Required: (510) 525-2233  
Fee: \$3



Programs may be canceled if there are five or fewer participants.

Call (925) 862-2601

\$4.25/13+ yrs, \$2.75/1-12 yrs,  
under 1 free if in parents arms

#### ANTHONY CHABOT

#### AMPHITHEATRE PROGRAMS

Anthony Chabot Amphitheatre  
Broesder & Nichols

Every Saturday in July

Every Saturday in August

Old-fashioned campfires provide free family fun every Saturday night, from Memorial Day through Labor Day. A variety of songs, stories and games related to the evening's topic engage all ages. Roasting marshmallows to roast over the fire after the show. Campers and non-campers welcome. **July 5**, Nocturnal Creatures: Discover animals and birds that thrive under the stars and moon! **July 12**, Storytelling: Interactive evenings of imaginative storytelling. **July 19**, Astronomy: Understand what can be found in the nighttime sky. **July 26**, Ancient Forests: Explore why these trees are incredible! **August 2**, Snakes. **August 9**, Birds: Explore what live near San Francisco Bay. **August 16**, Water, Water Everywhere. **August 23**, Things That Go Bump in the Night. **August 30**, Spiders. Call (510) 521-6887

#### COLUSOME FAMILY FORAYS

Mike Moran  
9-11am, Sun, Jul 6, 13, 20

Some family fun and games on the easy East County nature explorations. All walks are on flat, paved paths, suitable for strollers. **July 6**, Big Creek Regional Trail: Help us find bird clues and wetland news along the Delta. **July 13**, Marsh Creek Trail: Walk the streamside for fish stories, bird and avian anecdotes. **July 20**, Pinole Park, Brentwood: Come to the creek to unfold fabulous forest tales. **Required:** (925) 757-2620

#### AT THE HEAT HIKES

Mike Moran  
10am, Tue, Jul 8, 15, 22

Before the mercury and revel in the cool glory of summer's mornings! Explore the natural and cultural riches of parkland gems on hearty, yet not too hilly hikes. **July 8**, Diablo Hills; Falcons and Faults. **July 15**, Canyon Valley: Eagles and Oaks. **July 22**, Carquinez Strait: Scenes from the water. **Required:** (925) 757-2620

#### SUNDAY BIRDING

Mike Moran  
10am, Thu, Jul 10

A relaxing, nook-studded stroll to look for warblers and rock wrens. **Required:** (925) 757-2620

#### THE FARMER IN THE DELTA

Marsh Creek Regional Trail Dussau  
8-10:30am, Sat, Jul 12

Grab your bike and peddle out Marsh Creek Trail in Oakley to Dwelley Farms to pick and purchase tree-ripened peaches. Views of Mount Diablo and tales of Delta farmers and fruit will garnish our journey.

**Reg. Required:** (925) 757-2620

No fee

#### BROOKS ISLAND VOYAGE

Brooks Island Dave Zuckermann  
10am-2pm, Sun, Jul 13 #4197

Paddle the rising tide across the Richmond Harbor Channel to our nearby Brooks Island. Explore the island's natural and cultural history, and enjoy views from its rocky peak. For experienced boaters who can provide their own canoe or kayak, and safety gear.

**Reg. Required:** (510) 636-1684

**Fee:** \$20 (non-res. \$22)

#### NATURE TALES

Garin Kristina Parkison  
9:30-11:30am, Sat, Jul 19

Enjoy a relaxing morning with a nature hike and stories. We'll explore scenic vistas and read stories as a way to connect with and learn about natural history. Have a favorite nature tale? Bring it to share!

**Reg. Required:** (510) 795-9385

No fee

#### THURSDAY BIRDING

Big Break, Ironhouse San. Dist., Oakley Mike Moran

9-11am, Thu, Jul 24

Catch the early migrants along the magnificent marshlands of the Delta in Oakley.

**Reg. Required:** (925) 757-2620

No fee

#### WHAT'S MEDITERRANEAN ABOUT OUR FLORA?

Botanic Garden Alan Kaplan  
10am-noon, Sun, Jul 27

The chaparral and scrub of California have counterparts in other parts of the world. We'll examine ours and talk about theirs.

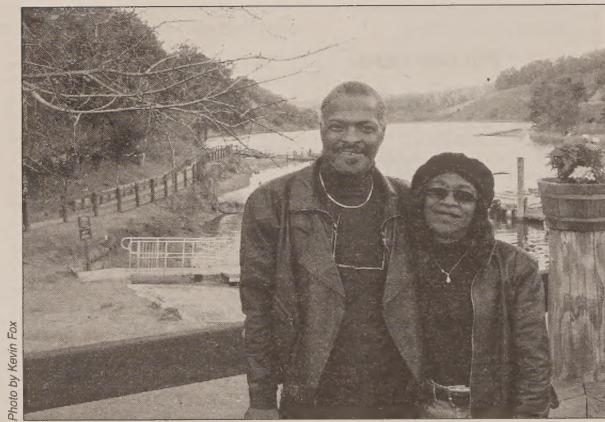
**Info:** (510) 525-2233

No fee

#### SCIENCE FOR TYKES: DEL VALLE BOAT ADVENTURE

Del Valle Cindy Taylor  
10:30am-12:30pm, Sat, Aug 2

Budding scientists and their families are invited to climb aboard our floating outdoor laboratory as we investigate the wildlife in and around the lake who call this special place home. We'll stop along the way to investigate the dam and to do some water experiments. Bring a jacket—it can get cool and windy! Meet at the east shore marina. This is one in a series of science programs set in a wildly exciting



Lake Chabot is popular with picnickers, fishers, hikers, or people just out to enjoy the beauty of the outdoors. These walkers are enjoying a stroll in the marina area.

outdoor laboratory. Different topics covered each session. Dress for dirt and messy crafts. (4-8yrs)

**Reg. Required:** (925) 862-2601

**Fee:** \$6 (non-res. \$8)

#### CAMPGROUND TO LAKE

Anthony Chabot Gail Broesder  
2:30-4:30pm, Sat, Aug 2

Discover the history of the lake and its inhabitants on this guided hike. Bring a full water bottle.

**Info:** (510) 521-6887

No fee

#### EARLY BIRDS

Hayward Shoreline Kristina Parkison  
9:30-11:30am, Sat, Aug 16

Introduce your fledglings to the joys of birding! We'll focus on what makes birds special through games and explorations. A hike along the shoreline will give us an opportunity to use what we've learned. Bring binoculars. (6-8yrs)

**Reg. Required:** (510) 795-9385

No fee

#### WATER, WATER

EVERWHERE Temescal Gail Broesder  
2:30-3:30pm, Sat, Aug 16

Where does all the water come from and where is it going? We'll walk around the lake exploring its past and present. Meet at parking lot by South Play Area, off Broadway Terrace in Oakland.

**Info:** (510) 521-6887

No fee

#### PINOLE HISTORY WALK

Point Pinole Dave Zuckermann  
10am-1pm, Sat, Aug 23

Join a walking tour of historic Point Pinole Regional Shoreline and discover its peaceful and explosive past. Former Atlas Powder Company employee Norman Monk will join our group.

**Info:** (510) 525-2233

No fee

#### WHOOO'S OUT THERE?

Anthony Chabot Amphitheatre

Gail Broesder

3-4pm, Sat, Aug 23

If you want to find out who's in the woods or around, take a good look at the SCAT on the ground. Can you match the scat to the animal? Test your luck and find out who the local inhabitants are.

**Info:** (510) 521-6887

No fee

#### MORNINGS IN MORGAN

Morgan Territory Sabrina Dussau  
7:30-9:30am, Tue, Aug 26

Beat the hot temperatures and big crowds on this 1.8 mile early-bird hike. We'll take a sneak peak at the park to see how the wildlife spend their morning.

**Reg. Required:** (925) 757-2620

No fee

#### CREEPY CRAWLIES

Anthony Chabot Amphitheatre Gail Broesder

4-5pm, Sat, Aug 30  
Do insects make your skin crawl? Or snakes make you want to slither away? Spiders wrap you up in fear? Learn more about these and other "creepy crawlies" out in the park.

**Info:** (510) 521-6887

No fee

#### SUN-DAY

Redwood Gail Broesder  
10am-1:30pm, Sun, Aug 31 #4466

Where would we be without the sun? We'll bask in its rays and explore just a few of the things that it does for us. Enjoy the sun and explore some ways to have fun and use it. Meet at Canyon Meadow Staging Area.

**Reg. Required:** (510) 521-6887

No fee

## VOLUNTEERS

### PUBLIC SAFETY

#### VOLUNTEER OPPORTUNITIES

Various parks

*Various dates & times*

On-going volunteer programs to assist District staff in the delivery of essential services, including trail safety education; assisting with helicopter rescues; supplementing police in patrol activities and incident response. Certifications and/or training are required for some programs. Flight Medics, Officer White, Info: (510) 785-3370. Reserve Police Officer, Officer Hall, Info: (510) 544-3131. Bicycle Patrol, Hiking Patrol, Companion Dog Patrol, Mounted Patrol, Patrick Balizan, Info: (510) 544-3133.

### OPERATIONS VOLUNTEERS

Various parks

*Various dates & times*

Gain new skills and knowledge, and meet interesting people. Join us in maintaining our Regional Parks. We need your help with trail repair, resource protection, and facilities maintenance. For more information call Sharon Saffas at (925) 756-0195.

### EXOTIC PLANT REMOVAL

Lake Chabot                   Staff/Volunteers

*Various dates & times*

Please join us in removing teasel from the hillsides at Lake Chabot. This is a great group project. Young children enjoy this work. Weekdays or Saturdays available. For more information call Jil or Sharon at (925) 756-0195

### EXOTIC PLANT REMOVAL

Oakland/Berkeley           Staff/Volunteers

*Various dates & times*

The lovely yellow plant that is now blooming on the hillsides is an exotic that is highly volatile and crowds out native plants. While the ground is still moist, please join us in removing this plant from parks such as Tilden and Redwood. We can pick a date that works for your group. For more information please call Jil or Sharon at (925) 756-0195.

### PARK/TRAIL GUIDES

Various parks                   Rick Spittler

*Various dates & times*

Guides are needed to assist the visually impaired in hiking on Regional Parks trails. Training provided by Bay Area Outreach Recreation Program (B.O.R.P.).

Info: (510) 849-4663

### GARDEN HELPERS NEEDED

Coyote Hills                   Jan Southworth

9:30am-noon, Fridays, Aug. & Sept.

Join our garden club at work creating and enhancing nectar habitat for birds and butterflies. In the process you'll

learn about the plants that benefit these animals. The work is satisfying, the conversation is good, the snacks are great, and the atmosphere can't be beat!

Reg. Required: (510) 795-9385

No fee

### SHELLMOUND VOLUNTEER

Coyote Hills                   Beverly Ortiz

3:30-6:30pm

Mon, Jul 14, 21, 28, Aug 4, 11

Tue, Jul 1, 15, 22, 29, Aug 5, 12

Help us gather materials for, and build, Ohlone-style structures at a more than 2,000 year-old village site of the Tuibun Ohlone. We'll provide snacks and tools. Phone for a list of each day's activities. You can come on one or more days. (12+years)

Reg. Required: (510) 795-9385

No fee

### TRAIL WORK DAYS—

#### IVAN DICKSON PROGRAM

Tilden                           Terry Noonan

8:30am-1pm, Sat, Jul 19

Help with trail rehabilitation; including erosion control, light pruning, trail tread improvements. Tools and lunch are provided. Participants should wear sturdy shoes and long-sleeved shirts. Bring gloves, water, and snacks. No dogs, please.

Reg. Required: (510) 544-2631

No fee

### WILDLIFE VOLUNTEERS:

#### IT'S YOUR TERM

Hayward Regional Shoreline           Doc

Quack

2-5pm, Sun, Aug 10, Aug 24

It's Your Term—An exciting adventure over land and water to help create nesting habitat for the State and Federal Listed endangered California least tern. By participating, you'll make new friends, peer onto the world of wildlife and earn your patch.

Reg. Required: (510) 544-2320

No fee

### EDUCATOR'S ACADEMY

#### ROCK'N ROLL AT WILDCAT

#### CREEK \$

Tilden Nature Area   Dave Zuckermann

9:30am-4pm, Sat, Jul 12 #3221

Explore a streambed, gather stones and discover their origins. Learn how moving water and other forces shape the landscape. Through field and classroom activities, we'll delve into the rock and hydrologic cycles, and examine physical processes that change the earth's land surface.

Concepts and activities will match K-5 California Earth Science Content Standards. (Adult)

Reg. Required: (510) 636-1684

Fee: \$45 (non-res. \$51)

### FRESHWATER ECOLOGY

(NEW)

Redwood                           Kelley/Colbert  
9:30am-5pm, Tue-Thu, Jul 22-24  
#3223

Explore the liquid of life during this adventure into streams and lakes. From headwaters to bay shores, watersheds encompass all of our environments. We'll learn proven outdoor techniques and easy, inter-disciplinary classroom curricula that are guaranteed to enhance each other. Water chemistry and biological, physical and transcendental aspects of the Alameda, San Leandro and Wildcat watersheds will be compared. Prepare to get wet! Ideal for teachers of 3rd through middle school. (Adult)

Reg. Required: (510) 636-1684

Fee: \$100 (non-res. \$110)

### DOWN TO EARTH IN THE

#### VEGETABLE GARDEN

Ardenwood                           Bell/Reinertson/Bletz  
9:30am-4pm, Wed, Jul 23 #3224

Roll up your sleeves and explore the incredible (and tasty) world of an heirloom vegetable garden.

Ardenwood's kitchen garden is a wonderful educational venue where we grow the same varieties of carrots, beets, cucumbers and beans that were common in California family gardens at the turn of the last century. Refresh your basic gardening skills as we weed, water, compost and harvest. Learn the histories of common vegetables and how they traveled around the world. Today, most children are far removed from growing their own food. Discover strategies and activities for use in both the classroom and garden setting to re-establish that connection. You'll come away from this workshop with ideas and heirloom seeds to start your own garden. (Adult)

Reg. Required: (510) 636-1684

Fee: \$45 (non-res. \$51)

### OHLONE & CENTRAL

#### CALIFORNIA INDIAN GAMES

Coyote Hills                           Beverly Ortiz

9:30am-4pm, Sun, Aug 10 #3228

During this workshop, you'll have the opportunity to play some early California Indian games that you can share with your students. You'll learn to make some early California Indian toys. Games will include cricket (Pomo), stealing the stick (Pomo), Indian football (Miwok) and stick ball (Ohlone). Toys will include acorn tule biterns and dolls. Resource materials about California Indian games will be shared. Ideal for teachers grades K-12. (Adult)

Reg. Required: (510) 636-1684

Fee: \$45 (non-res. \$51)

### A DAY IN PRE-COLUMBIAN

#### CALIFORNIA (NEW)

Sunol                                   Norm

9am-5pm, Sat, Aug 23 #3229

A taste of life as it may have been before crowds and modern technology replaced direct contact with nature. You will spend the day as hunters and collectors, finding resources to accomplish a variety of tasks that involve sitting on mats under a shade shelter, cooking, eating and practicing the skills needed for daily life in the Stone Age. Go home with a friction fire kit, basic stone tools, a bone awl, a fish belly and an understanding of hunting, construction, fire, tracking, hunting, fishing, foraging and much more. This workshop will give you a personal, meaningful context for teaching about California Indians or early man. (Adult)

Reg. Required: (510) 636-1684

Fee: \$45 (non-res. \$51)

### MUTSUN OHLONE:

#### A LANGUAGE PRIMER (NEW)

Coyote Hills                           Beverly Ortiz

9:30am-4pm, Sun, Jul 27 #3226

Join Mutsun Ohlone descendants

affiliated with the Mutsun Language

Foundation for this rare opportunity to learn some words and phrases of the Bay Area's first languages. You will be introduced to several language games you can incorporate into your curriculum, including Mutsun word flashcards and singing games as well as a Mutsun coloring book. Ideal for 3rd and 4th grade teachers. (Adult)

Reg. Required: (510) 636-1684

Fee: \$45 (non-res. \$51)

### PROJECT LEARNING TRE

#### Redwood Regional Park (Gal River)

9:30am-4pm, Sat, Aug 9 #3227

For anyone who is interested in education or learning about the environment, here's your chance! An international award-winning education program focusing on worldwide forest ecology and environmental issues, and designed to teach grades K-12. Participants receive a PLT activity guide, practice its use and receive help with State Standard correlation. (Adult)

Reg. Required: (510) 636-1684

Fee: \$45 (non-res. \$51)

### OHLONE & CENTRAL

#### CALIFORNIA INDIAN GAMES

Coyote Hills                           Beverly Ortiz

9:30am-4pm, Sun, Aug 10 #3228

During this workshop, you'll have the opportunity to play some early California Indian games that you can share with your students. You'll learn to make some early California Indian toys. Games will include cricket (Pomo), stealing the stick (Pomo), Indian football (Miwok) and stick ball (Ohlone). Toys will include acorn tule biterns and dolls. Resource materials about California Indian games will be shared. Ideal for teachers grades K-12. (Adult)

Reg. Required: (510) 636-1684

Fee: \$45 (non-res. \$51)

### A DAY IN PRE-COLUMBIAN

#### CALIFORNIA (NEW)

Sunol                                   Norm

9am-5pm, Sat, Aug 23 #3229

A taste of life as it may have been before crowds and modern technology replaced direct contact with nature. You will spend the day as hunters and collectors, finding resources to accomplish a variety of tasks that involve sitting on mats under a shade shelter, cooking, eating and practicing the skills needed for daily life in the Stone Age. Go home with a friction fire kit, basic stone tools, a bone awl, a fish belly and an understanding of hunting, construction, fire, tracking, hunting, fishing, foraging and much more. This workshop will give you a personal, meaningful context for teaching about California Indians or early man. (Adult)

Reg. Required: (510) 636-1684

Fee: \$45 (non-res. \$51)

## MEMBERSHIP PROGRAM

Enjoy free parking, free swimming at seven lakes, special members' events, a free guide to the Regional Parks, members-only newsletter, and additional benefits listed below. Call (510) 544-2203, for information.

**Family Membership**-Dog pass, free entry to park areas for up to six, 50 percent off on off-season (October through April) camping.

**Senior/Disabled/Student**

**Single Member**

**Senior Day Use/Boat Launch**

**Senior Fishing**

**Tilden Circle**-Family Member benefits plus an invitation to a special Members' only event.

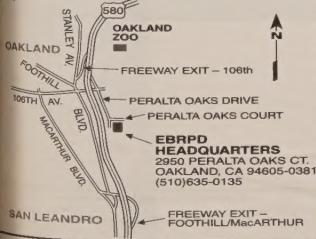
**Reinhardt Circle**-Tilden Circle benefits plus invitations to special programs.

**Sibley Circle**-Reinhardt Circle benefits plus "behind the scenes" with a naturalist.

## To reach

### the Central Registrations office:

From south or east of Oakland on I-580 West, take the MacArthur/Foothill exit in San Leandro. Bear right onto Foothill; turn right on 106th Ave. and right again onto Peralta Oaks Drive. Follow it to the end. From Oakland or north or west of Oakland on I-580 East, take the 106th Ave. exit in Oakland. Take the first three turns; this will put you on 106th Ave. From 106th, turn right onto Peralta Oaks Drive and follow it to the end.



## REGISTRATION INFORMATION

**NO REGISTRATION REQUIRED**-Many programs do not require registration. Simply join the instructor at the location indicated in the program description. Call the phone number listed in the program descriptions if you need further information.

**PARK REGISTRATION**-For programs requiring registration at park sites, call the number indicated in the description. Information will be provided when you call.

**CENTRAL REGISTRATION**-The course codes for programs that require registration are printed in green throughout this directory. Please refer to the instructions below for registration procedures for mail-in, phone or fax registration.

**MAIL-IN:** Complete the registration form on the back cover of this directory and mail with your payment (pre-printed check or fill in the credit card info on the mail-in form) to: East Bay Regional Park District, Reservations Dept., P.O. Box 5381, Oakland, CA 94605-0381.

**WALK-IN:** Come to the District Headquarters between 8:30 a.m. and 5 p.m. Mondays through Fridays. We are located at 2950 Peralta Oaks Court in Oakland, next door to the Dunsmuir House and south of the Oakland Zoo off I-580. See map above.

**BY FAX:** Complete the registration form on the back cover and fax it to (510) 635-5502. Include all the necessary credit card information.

**BY PHONE:** Phone registration requires a credit card.

Call the Reservations Office between 8:00 a.m. and 5 p.m. Mondays through Thursdays, or 8 a.m.-4:00 p.m. on Fridays. The Reservations Office is closed on weekends and holidays. Please call the phone number for your area:

Oakland ..... (510) 636-1684	Hayward ..... (510) 538-6470
Contra Costa Co. .... (925) 676-0192	Outside East Bay (510) 636-1684
San Leandro ..... (925) 373-0144	TDD ..... (510) 633-0460

## SPECIAL RECREATIONAL FACILITIES AND PROGRAMS

FACILITIES and PROGRAMS	PARK	OPERATOR	PHONE
Archery - Field and Target	Briones	Briones Archers	(510) 724-3814
Archery - Field and Target	Redwood	Redwood Bowmen Association	(510) 530-0400
Bike Rentals	Del Valle	Windham Del Valle	(925) 455-4008
Boat Rentals	Del Valle	Urban Park Concessions	(925) 449-5201
Boat Rentals	Shadow Cliffs	Shadow Cliffs Park Company	(925) 846-2344
Boat Rentals	Lake Chabot	Lake Chabot Park Company	(510) 582-2198
Camping (groups)	Various Parks	East Bay Regional Park District	(510) 562-2267
Camping (families)	El Valle, A. Chabot, Pt. Isabel	Sunol (EBRPD)	(510) 562-2267
Dog Wash	Pt. Isabel	Muduppies Tub & Scrub	(510) 559-8899
Expresso Coffee Service	Lake Chabot	K-9 Coffee	(510) 527-3357
Golf, Driving Range, Food, Banquet	Tilden	Willow Park Inc.	(510) 537-8989
Golf, Driving Range, Food, Banquet	Mission Peak	American Golf	(510) 848-7373
Hang Gliding - Experienced Flyers	Blacksmith	Wings of Rogallo	(408) 476-2227
Horse Arena	Audenwood	Scot Thomas	(510) 790-9060
Horse Arena	Contra Loma	Associacion de los Charros	(925) 228-7981
Horse Boarding Barn, Lessons	Martinez Shoreline	Martinez Horseman Association	(510) 336-0850
Horse Boarding Barn, Lessons	Redwood	Judith Martin	(510) 569-4248
Horse Boarding Barn, Lessons	Anthony Chabot	Chabot Stables, Sara Cray	(925) 838-7546
Horse Boarding Barn, Lessons	Little Hills	Las Trampas Stables	(510) 531-9944
Horse Boarding Barn, Lessons	Redwood	Piedmont Stables	(510) 336-0850
Horse Boarding Barn, Lessons	Anthony Chabot	Skyline Ranch Equest. Center	(925) 838-7546
Horse Day Camp	Las Trampas	Las Trampas Stables	(925) 937-6500
Horse Day Camps	Castle Rock	Adventure Day Camp	(925) 838-7546
Horse Rentals, Trail Rides and Lessons	Little Hills	Sonol Pack Station	(925) 862-0175
Horse Rentals, Trail Rides	Sunol	Wildcat Creek Stables	(510) 232-6344
Horse Trail Rides	Wildcat Canyon	Chabot Gun Club	(510) 569-0213
Marksmanship - Target & Skeet	Anthony Chabot	Martinez Sportsman Club	(925) 228-5638
Meeting and Club Activities	Martinez Shoreline	Martinez Pigeon Club	(925) 228-8222
Meeting and Club Activities	Martinez Shoreline	Regional Parks	(510) 540-0220
Meetings, Weddings and Banquets	Tilden Brazil Room	Kennedy Grove	(510) 540-0220
Meetings, Weddings and Banquets	Tilden	Tenn Holliman	(510) 524-6773
Model Boat Facility	Ala. Creek Quar.	Model Manners	(510) 797-5422
Model Railroad - 5 Scales and Museum	Miller Knox	Golden State Model RR Museum	(510) 234-4884
Native Plants	Tilden	NativeHere Nursery	(510) 549-0211
Native Plants	Carquinez	CREC	(510) 787-9772
Picnics (groups)	All Parks	East Bay Regional Park District	(510) 562-2267
Picnics, Parties and Events (groups)	Castle Rock	Picnic People	(925) 462-1400
Picnics, Parties and Events (groups)	Little Hills	Picnic People	(925) 462-1400
Picnics, Weddings, Food (groups)	Audenwood	Picnic People	(925) 462-1400
Picnics, Parties and Events (groups)	Shadow Cliffs	Picnic People	(925) 462-1400
Pony Rides, Kid's Parties, DayCamps	Tilden	Camay Thompson	(510) 527-0421
Railroad - Rides, and Museum	Audenwood	Society to Preserve Carter Bros.	(510) 796-9560
Trains - Model Steam Engines	Tilden	Golden Gate Live Steamers	(510) 486-0623
Trains - Steam Train Rides	Tilden	Redwood Valley Railroad	(510) 548-6100
Waterslide, Food, Group Picnics	Shadow Cliffs	Shadow Cliffs Association	(925) 829-5600
Windsurfing - Rentals and Lessons	Del Valle	Windsurf Del Valle	(925) 455-4008
Windsurfing - Rentals and Lessons	Contra Loma	Windsurf Diablo	(925) 778-6350
Windsurfing - Rentals and Lessons	Crown Beach	Sausalito Sailboards	(650) 331-9463

## VISITOR CENTERS

### ARDENWOOD

34600 Ardenwood Blvd.  
Fremont, CA 94555-3045  
(510) 796-0663

### BLACK DIAMOND MINES

5175 Somersville Road  
Antioch, CA 94509  
(925) 757-2620

### BOTANIC GARDEN

Tilden Regional Park  
Berkeley, CA 94708  
(510) 841-8732

### COYOTE HILLS

8000 Patterson Ranch Rd.  
Fremont, CA 94555-3502  
(510) 795-9385

### CRAB COVE

VISITOR CENTER  
1252 McKay Avenue  
Alameda, CA 94501-7805  
(510) 521-6887

### DEL VALLE

7000 Del Valle Road  
Livermore, CA 94550  
(925) 862-2601

### GARIN

1320 Garin Avenue  
Hayward, CA 94544-6822  
(510) 795-9385

### SUNOL-OHLONE

P.O. Box 82 (on Geary Road)  
Sunol, CA 94586  
(925) 862-2601

### TILDEN NATURE AREA

Environmental Education Center (EEC) at Tilden Regional Park  
Berkeley, CA 94708  
(510) 525-2233

### SWIM FACILITIES

#### LAKE ANZA

Tilden Regional Park  
Berkeley, CA 94708  
(510) 843-2137

#### CONTRA LOMA

1200 Frederickson Lane  
Antioch, CA 94509  
(925) 757-0404

#### CULL CANYON

18627 Cull Canyon Road  
Castro Valley, CA 94552  
(510) 537-2240

#### DEL VALLE

7000 Del Valle Road  
Livermore, CA 94550  
(925) 373-0332

#### DON CASTRO

22400 Woodrow Ave.  
Hayward, CA 94541  
(510) 538-1148

#### QUARRY LAKES

2250 Isherwood Way  
Fremont, CA 94535  
(510) 795-4883

#### ROBERTS POOL

10570 Skyline Blvd.  
Oakland, CA 94619  
(510) 482-6028

#### SHADOW CLIFFS

2500 Stanley Blvd.  
Pleasanton, CA 94566  
(925) 846-3000

#### LAKE TEMESCAL

6502 Broday Terrace  
Oakland, CA 94610  
(510) 652-1155





East Bay Regional Park District  
Attention: Reservations  
2950 Peralta Oaks Court, P.O. Box 5381  
Oakland, CA 94605-0381

*Clip and Mail*

### July-August 2003 Mail-in Registration

Make checks payable to: EBRPD

MasterCard     VISA


Name (parent or guardian if under 18)

Address

City \_\_\_\_\_ Zip \_\_\_\_\_

( ) Day phone      ( ) Night phone

email address:

Amount \$ \_\_\_\_\_

Expiration date \_\_\_\_\_

Authorized signature \_\_\_\_\_

Participant's Name	Birthdate	Class Title	Code	Date	Fee
	Month/Day/Yr	First Choice			
		Second Choice			
		First Choice			
		Second Choice			

**Day Camp Scholarship Fund—provides subsidized day camp experiences for inner-city youth. (Optional)**      \$1.00  
**Subscribe to this publication (Regional in Nature) (Optional)**      \$5.00

Submit additional registrations on an attached sheet      Total \_\_\_\_\_

Signature required \_\_\_\_\_ Date \_\_\_\_\_  
 Parent or guardian if under 18

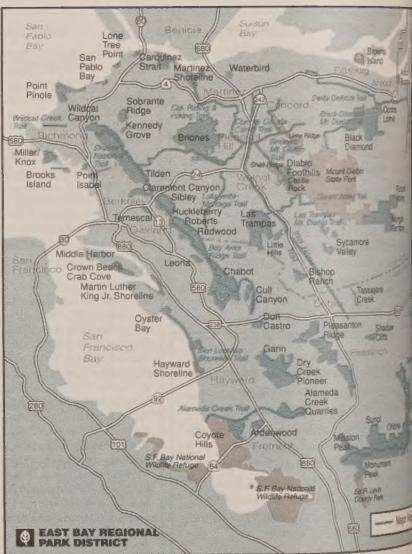


Please check here if you are disabled and in need of special accommodations

How did you hear about our programs?  TV  Newspaper  Visitor Center  Radio  Other

**Office Use**

Amount paid \_\_\_\_\_ Check no./cash \_\_\_\_\_ Register no. \_\_\_\_\_ Staff initials \_\_\_\_\_



EAST BAY REGIONAL PARK DISTRICT

### ARE YOU INTERESTED IN LEARNING THE BASICS OF Estate Planning?



The Regional Parks Foundation invites you to a free workshop

Thursday, June 26, 2003

4-6 p.m.

Temescal Beach House

Temescal Regional Recreation Area in Oakland

**Presented by**

**Planned Giving Experts**

Margaret Roisman, Roisman Redding + Henel LLP  
 Certified Specialist in Probate, Estate Planning and Trust Law  
 and Ira Hillyer, Vice President of Investment Management  
 and Trust Services for Mechanics Bank in Walnut Creek



Regional  
Parks  
Foundation  
P.O. Box 21074,  
Crestmont Station,  
Oakland, CA 94620

#### TOPICS

Wills • Revocable Trusts  
 Powers of Attorney • Health Care Directives  
 Irrevocable Trusts • Life Insurance  
 Retirement Plans • Charitable Trusts  
 Estate Taxes

#### Space is Limited—

To reserve your place,

please call Regional Parks Foundation  
 Executive Director Rosemary Cameron  
 at (510) 544-2003.

East Bay Regional  
Park District  
2950 Peralta Oaks Court  
Oakland, CA 94605-0381